

FOR THE  
**HARDEST  
WORKERS**  
IN THE GYM

## ABOUT THE GRIND

THE GRIND is our EAAs/BCAAs + Hydration formula. This Essential Amino Acid and Branch Chain Amino Acid matrix will help you recover and stay hydrated through those intense training days. THE GRIND is perfect for refueling your body post cardio or training. Our flavor profiles combined with the highest quality ingredients will have you recovering faster, all while enjoying the taste! This product will leave your muscles feeling round, full and hydrated all day long.

*Axe & Sledge*

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured specifically for Axe & Sledge Supplements  
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**AXE & SLEDGE**  
SUPPLEMENTS



EAAS + HYDRATION

# THE GRIND

FOR THE HARDEST WORKERS IN THE GYM

**2.5g**  
EAAS

**5g**  
BCAAS

**30**  
SERVINGS



**BLUE  
RASPBERRY**

**30 SERVINGS**  
Net Weight 480g (16.93 oz)  
DIETARY SUPPLEMENT



## SUGGESTED USE

MIX 1 SCOOP INTO 10-12 OZ OF COLD WATER, YOUR POST-WORKOUT PROTEIN SHAKE OR ANY BEVERAGE OF YOUR CHOICE. IDEAL TO USE DURING AND POST WORKOUT. CAFFEINE FREE - USE ANY TIME OF DAY OR NIGHT. FOR BEST RESULTS, WE RECOMMEND 2 SERVINGS PER DAY.

## Supplement Facts

Serving Size: One scoop (16g)

Servings Per Container: 30

|                                              | Amount Per Serving | %DV       |
|----------------------------------------------|--------------------|-----------|
| Calcium (as calcium citrate)                 | 20 mg              | 2%        |
| Magnesium (as dimagnesium malate)            | 10 mg              | 3%        |
| Sodium (as disodium phosphate)               | 16 mg              | 1%        |
| Potassium (as raw coconut water concentrate) | 60 mg              | 2%        |
| <b>ESSENTIAL AMINO ACIDS</b>                 | <b>2,500 MG</b>    | <b>**</b> |
| L-Lysine Hydrochloride                       | 750 mg             | **        |
| L-Threonine                                  | 750 mg             | **        |
| L-Histidine                                  | 500 mg             | **        |
| L-Phenylalanine                              | 250 mg             | **        |
| L-Tryptophan                                 | 250 mg             | **        |
| <b>BRANCH CHAIN AMINO ACIDS</b>              | <b>5,000 MG</b>    | <b>**</b> |
| L-Leucine                                    | 2,500 mg           | **        |
| L-Isoleucine                                 | 1,250 mg           | **        |
| L-Valine                                     | 1,250 mg           | **        |
| <b>HYDRATION &amp; RECOVERY BLEND</b>        | <b>5,500 MG</b>    | <b>**</b> |
| L-Glutamine                                  | 2,500 mg           | **        |
| Raw Coconut Water Concentrate                | 1,000 mg           | **        |
| Betaine Anhydrous                            | 1,000 mg           | **        |
| L-Ornithine AKG                              | 1,000 mg           | **        |

\* Percent Daily Values are based on a 2000 calorie diet.

\*\* Daily value (DV) not established.

**Other Ingredients:** Citric Acid, Natural Flavors, Silicon Dioxide, Sucralose, Malic Acid, Blue #1

**WARNING:** Consult with a physician prior to use if you have a medical condition. Don't use if pregnant or lactating.

KEEP OUT OF REACH OF CHILDREN.

KEEP CONTAINER TIGHTLY CLOSED IN A COOL, DRY AND DARK PLACE.

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